

Sweet Potato Patties

Makes: 6 Servings

So easy to make! A great way to use canned sweet potatoes. Try adding some finely chopped apple to the sweet potatoes.

Ingredients

- 1 can** low-sodium sweet potatoes (about 15 ounces)
- 1 cup** crushed bread crumbs
- 1 tablespoon** vegetable oil

Directions

1. Place sweet potatoes in medium bowl and mash with a fork.
2. Put the crushed bread crumbs in a small bowl.
3. Shape the sweet potatoes into 6 small patties.
4. Roll each patty in bread crumbs.
5. Heat oil in pan on medium heat.
6. Brown each patty on both sides in oil.

Notes

Tip: Try adding some finely chopped apple to the sweet potatoes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	3.5 g	
Protein	3 g	
Carbohydrates	30 g	
Dietary Fiber	3 g	
Saturated Fat	0 g	
Sodium	160 mg	